

## ABSTRACT

### TITLE

Physical fitness and Movement activity of children in Otrokovice

**AIM:** The main aim of this Dissertation thesis is to ascertain the physical fitness level of children in Primary school in Otrokovice. The next task is to find out if athletic children attending some of the sport clubs which are offered by Otrokovice town. Further we inquire in which of the three schools are children the most physically able bodied and also we look into if the physical above-average children do the sport more often than the children physical below-average. So far we are interested whether the performances of above-average children have a lower amount subcutaneous fat than the performances of below-average children.

**METHOD:** The data for this Dissertation thesis is generated through empirical quantitative research. This research was carried out under standardised conditions minimizing the outside influence (gymnasium). The Focus groups for this research are school-boys and school-girls from primary schools in Otrokovice.

**RESULTS:** From the measuring results of the chosen sample shows, that more than half of the tested groups achieved below-average values in the motor tests. Than was found out that 85 percent of persons being tested do sport once until three-times per week. The most favourite sports are aerobic and football. We also found out that nearly half of the persons being tested who do sport are the members of TJ Jiskra Otrokovice. The substantially above-average pupils of the 5<sup>th</sup> grade have the lowest layer of fat. The above-average pupils of the 4<sup>th</sup> grade have the lowest layer of fat. We ascertained that among the most capable pupils of the 4<sup>th</sup> grade were from ZŠ Mánesova and among the most capable pupils of the 5<sup>th</sup> grade were from T. G. Masaryka.

**KEY WORDS:** Physical fitness, movement activity, testing, young school age, obesity, participation in sport, life style, leisure time.